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ABSTRACT

This book encourages sexual abstinence as the logical, positive choice for middle school students. The book emphasizes that abstinence eliminates the risks of unwanted pregnancy, sexually transmitted disease, and emotional upheavals. This module's seven sequenced lessons are designed to develop both cognitive and behavioral skills and focus on conveying these three important messages to students: (1) don't let someone else decide your sexual behavior; (2) you can have positive relationships without engaging in sexual intercourse; and (3) you can choose to say "no" to sex. (JD)

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